

Activity Options

Name: Week starting Sunday:

DAILY ACTIVITY TIME: MORNINGS 10-10:30AM / AFTERNOONS 3:30-4PM. PICK ONE OR MORE ACTIVITIES TO DO FOR 30 MINUTES IN THE MORNING AND 30 MINUTES IN THE AFTERNOON. PLEASE DO NOT LEAVE RESIDENTS UNATTENDED DURING PHYSICAL ACTIVITIES.

DO THIS TOGETHER EVERY MORNING AS A GROUP FOR COGNITIVE STIMULATION:

- (1) POINT AT THE CALENDAR ON THE FIREPLACE AND TOGETHER SAY "TODAY'S DATE IS..."
- (2) POINT AT THE CLOCK AND ASK THE GROUP "WHAT TIME IS IT..."
- (3) ASK THE GROUP "WHO'S THE CURRENT PRESIDENT?" (DONALD TRUMP AND JD VANCE)
- (4) SAY YOUR FULL NAME AND BIRTHDAY, THEN ASK EACH PERSON TO SAY THEIRS.
- (5) SAY THE COLOR THAT YOU ARE WEARING, THEN ASK EACH PERSON TO SAY THEIRS.
- (6) SAY LET'S COUNT TO 10 FORWARDS AND BACKWARDS, AND COUNT TOGETHER.
- (7) PICK A LETTER. NAME 3 WORDS THAT START WITH THAT LETTER, AND ASK THEM TO DO IT.

CHECK OFF THE COMPLETED ACTIVITIES	Su	Mo	Tu	We	Th	Fr	Sa
SENIOR EXERCISES ON YOUTUBE. SEARCH FOR OUR SAVED VIDEOS AT "COHOMES 01"							
COGNITIVE ACTIVITIES ON YOUTUBE. SEARCH FOR OUR SAVED VIDEOS AT "COHOMES 02"							
THERAPEUTIC MUSIC VIDEO ON YOUTUBE. SEARCH FOR OUR SAVED VIDEOS AT "COHOMES 03"							
PICK A TOPIC & HAVE A GROUP CONVERSATION							
TALK ABOUT THEIR FAVORITE MEMORIES							
WALK UP AND DOWN THE DRIVEWAY							
PLAY A GAME OR BALLOON VOLLEYBALL							
DO AN ART PROJECT (COLOR, PAINT, ETC.)							

 What was their favorite activity this week?

 What was their less favorite activity this week?

30-Day Activity Calendar

NAME: _____ MONTH: _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30